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Training Effects on Older Adults in Information and Communication Technologies Considering Psychosocial Variables

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Training Effects on Older Adults in Information and Communication Technologies Considering Psychosocial Variables

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The main aim of this study is to contribute knowledge about the impact of the use of information and communication technologies (ICT) on the self-concept, mood, and quality of life of institutionalized older adults in retirement homes and day care centers (Portuguese institutions). It also studies the influence of independent variables such as age; education; referral to the institution (own initiative, indicated by friends, indicated by family, indicated by social security); attendance schedule; and visits from family and friends. The study comprised 41 participants organized into two groups: 22 older adults in the ICT Group and 19 older adults in the Passive Control Group. There were three evaluation periods: before the onset of intervention and 11 and 22 months after intervention began. The results demonstrate that involvement with information and communication technologies produced positive effects on older adults' social behavior and their self-perception of physical and environment facets of quality of life. Moreover, they suggest that there is a relationship between psychosocial variables and independent variables.

Regardless of when the transition to old age occurs, this shift brings with it a number of inherent biological transformations. It also results in various changes that differ according to the psychosocial development of each individual. These changes are considered important targets in a person's life trajectory. In biophysiological terms, the body's systems are susceptible to structural and functional changes as a result of age-related decline. However, these differ from one individual to another. The most notable changes may occur in the nervous system, particularly in the form of cognitive decline (Albert & Kilianny, 2001; McConatha, McConatha,